



The Basildon Academies Half Term Cooking Challenge

Summary of recipes for week commencing 15th February

Monday - Spaghetti Carbonara

Tuesday - Sticky Asian Chicken Wings with Vegetable Noodles

Wednesday - Penne Arrabiata with Mozzarella and Chorizo

Thursday - Spanish Honey and Lemon Chicken Drumsticks served with Sautéed Potatoes

Friday - New York Style Meatball Sub Melt

List of ingredients

White Baton	£ 0.50
Grower's Harvest Garden Peas 900G	£ 0.55
Tesco Mixed Herbs 18G	£ 0.85
Tesco 4 Baking Potatoes	£ 0.41
Willow Farm Chicken Drumsticks 900G - 1.2Kg	£ 1.42
2 cans - Grower's Harvest Chopped Tomatoes 400G	£ 0.56
Stockwell & Co Honey 340G	£ 0.85
Boswell Farms Beef Mince 500G 20% Fat (place in freezer defrost day before in the fridge)	£ 1.49
Tesco 16 Spicy Chorizo Slices 80G	£ 1.00
Creamfields Mozzarella 210G	£ 0.43
Hearty Food Co. Penne Pasta 500G	£ 0.29
1 Lemon	£ 0.30
Broccoli Loose	£ 0.50
Loose Brown Onions	£ 0.10
Red Peppers Each Class 1	£ 0.45
2 carrots	£ 0.08
Willow Farm Chicken Wings 900G - 1.2Kg (place in freezer defrost day before in the fridge)	£ 1.56
Blue Dragon Medium Egg Noodles 300G	£ 1.00
Tesco 6 Eggs	£ 0.70
Tesco Fresh Single Cream 150ML	£ 0.65
Tesco Garlic Each	£ 0.25
Woodside Farms Cooking Bacon 500G	£ 0.75
Hearty Food Co. Spaghetti Pasta 500G	£ 0.20

Vegetarian Version

Summary of recipes for week commencing 15th February

Monday - vegetarian Spaghetti Carbonara

Tuesday - Sticky Asian Quorn with Vegetable Noodles

Wednesday - Penne Arrabiata with Mozzarella and charred peppers

Thursday - Spanish Honey and Lemon Chicken style Quorn Pieces served with Sautéed Potatoes

Friday - New York Style Vegetarian Meatball Sub Melt

List of ingredients

White Baton	£ 0.50
Grower's Harvest Garden Peas 900G	£ 0.55
Tesco Mixed Herbs 18G	£ 0.85
Tesco 4 Baking Potatoes	£ 0.41
Quorn Chicken Style Pieces 300G	£ 1.59
2 cans - Grower's Harvest Chopped Tomatoes 400G	£ 0.56
Stockwell & Co Honey 340G	£ 0.85
Linda Mccartneys Vegetarian Tomato & Basil Meatballs 292G	
(place in freezer defrost day before in the fridge)	£ 2.20
Creamfields Mozzarella 210G	£ 0.43
Hearty Food Co. Penne Pasta 500G	£ 0.29
1 Lemon	£ 0.30
Broccoli Loose	£ 0.50
Loose Brown Onions	£ 0.10
Red Peppers Each Class 1	£ 0.45
2 carrots	£ 0.08
Blue Dragon Medium Egg Noodles 300G	£ 1.00
Tesco 6 Eggs	£ 0.70
Tesco Fresh Single Cream 150ML	£ 0.65
Tesco Garlic Each	£ 0.25
Hearty Food Co. Spaghetti Pasta 500G	£ 0.20